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THE POST

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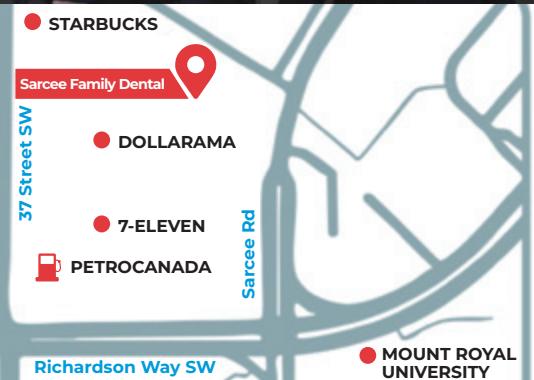
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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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Some restrictions may apply. **Reg: \$17,679**

SALE \$13,879

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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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SALE \$15,679

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RPCA BOARD

Visit our website for the latest information:

www.rutlandparkcommunity.com

Board meetings are held the second Tuesday of each month at 7:00 pm; everyone is welcome.

BOARD OF DIRECTORS 2025/2026

President	Craig Marceau president@rutlandparkcommunity.com
Vice President and Development and Traffic	Leanne Ellis development@rutlandparkcommunity.com
Treasurer	Lisa Luhning treasurer@rutlandparkcommunity.com
Secretary	Acting Director secretary@rutlandparkcommunity.com
Infrastructure Projects	Mark Yobb markyobb@rutlandparkcommunity.com
Sarcee Meadows Liaison	Jeremy Hart sarceemeadows@rutlandparkcommunity.com
Membership	Ted Stewart membership@rutlandparkcommunity.com
Ice Rink	Tyler Smith rink@rutlandparkcommunity.com
Lincoln Park Liaison	Vacant lincolnparkliaison@rutlandparkcommunity.com
West View Parc Liaison	Vacant westviewparcliaison@rutlandparkcommunity.com
Currie Barracks Liaison	Dave Rose curriebarracks@rutlandparkcommunity.com
Community Events	Vacant socialevents@rutlandparkcommunity.com
Website Director	Vacant communications@rutlandparkcommunity.com

CONTACTS

Community Association Phone Number	403-246-8318
Hall Rentals	Please call Lola at 403-474-3845 or email hallrentals@rutlandparkcommunity.com
City Recreation Coordinator	Vacant
Police Resource Officer	Constable Art Szabo reg# 4809 ASzabo@calgarypolice.ca
Emergency Contact for RPCA Hall	Lola
Community Social Worker	Vacant

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Palms

What kind of tree fits in your hand?

A palm tree



For all the latest news, events, updates, and community activity, please join us on Facebook. Search for Rutland Park Community Association. You'll immediately recognize us with our logo.



DEVELOPMENT AND TRAFFIC REPORT

I would just like to highlight what has been happening/going on behind the scenes this past month, in no particular order:

All the best in 2026! We hope that your new year is off to a great start! We also hope that you have been able to enjoy our rink. Thank you, Tyler S., and all our volunteers for creating such a great space!

Thank you, Tyler S., Sandra G, Ted S., and Danny G. for organizing a great winter Neighbour Day! Thank you to all the volunteers who helped out the day of the event as well! Pizza and games were a big hit, and the rink was packed with enthusiastic skaters. A fun time was had by all!

Thank you to the City of Calgary and the Ward 8 Office for providing funding for our Neighbour Day event! Not only did the funds cover the food, but we were also able to purchase two propane firepits to keep the skaters and spectators warm. Much appreciated.

Sarina Homes continues their construction on the Richmond Green site. They have indicated that no further road closures should be needed.

We are still waiting on our Class One Cost Estimate for the hall, so quotes have yet to be tendered at this point, and we do not know what the rebuild will cost.

We will be meeting with the Richmond Green Park design team in January and continue to push for dedicated tennis courts, a cricket net, and a small pump track. These were promised in the final design and have been removed.

If you have not already signed up for our email updates, please do so at our website-- www.rutlandparkcommunity.com. The City often gives us very short notice for upcoming events, and this is the quickest way for us to reach you. Please also join us on Facebook—Rutland Park Community Association. Thank you for your ongoing support.

Leanne Ellis

Executive VP and Development and Traffic
development@rutlandparkcommunity.com



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Flair and Little Lady, Strathcona Park



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COMMUNITY ASSOCIATION MEMBERSHIP FORM

Mail or drop off your completed application to: Rutland Park Community Association, 3130 - 40 Avenue SW, Calgary, AB, T3E 6W9 or membership@rutlandparkcommunity.com

Select Membership Type:

Family: 1 year - \$15; 3 year - \$36 Single: 1 year - \$5; 3 year - \$12
 Senior: 1 year - \$5; 3 year - \$12

Name: _____

(please print)

Home Address: _____

Phone Number: _____

Email Address: _____

Payment Enclosed: _____

Be sure to include your email address so we can keep you up to date with community news and events of interest to you.

Your support through membership is critical to Rutland Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.

Rutland Park Mission and Values:

The results of several brainstorming sessions by the Rutland Park community board were presented at the May 23 Town Hall Meeting. These important statements will be used to guide our work and decisions. Your feedback is welcome!

Our Mission and Values:

Our mission is to engage community residents, advocate on their behalf, foster community spirit, and practice meaningful stewardship while honouring our past.

What your Board Commits to Do:

- I. Engaging and including residents of our community
- II. Addressing community concerns in a transparent fashion
- III. Conducting board business in an ethical and fiscally responsible manner
- IV. Making decisions based on the needs of the community as a whole

- V. Communicating board decisions with one voice
- VI. Following through on the commitments and action plans we undertake

Community Values we will uphold:

- honouring our heritage
- connectedness: bringing people together
- knowing neighbours, cultural hub, social activities
- everybody is given a voice
- slow inner city living
- pride in our community: volunteerism, participation
- safe community where people can have fun
- pleasant surroundings/maintaining green space and excellent community facilities
- pedestrian friendly: easy walking, cars secondary to people
- self contained: close to amenities, community garden, sustainable
- accessible, age friendly
- desirable quality of life: all season activities
- promote accessible recreational activities

Rutland Park Community Hall Rentals

3130 - 40 Avenue SW, Calgary, AB, T3E 6W9

Current Rental Rates Hourly Rate: \$50/hour Friday, Saturday, Sunday – full day rate: \$400. Non-refundable admin fee: \$50. A four-hour minimum rental is required on Fridays, Saturdays, and Sundays. If you are interested in renting the hall or would like more information on any of the classes running at the hall, please contact Lola at 403-474-3845 or email hallrentals@rutlandparkcommunity.com. Visit the Community Association website to see what our beautiful hall looks like: www.rutlandparkcommunity.com/hall-rentals/.



Cupid and the Mighty Bow

by Garth Paul Ukrainetz

Cupid has a plan they say
To change the world on Valentine's Day
The opposite of nuclear war
Where love bombs fall forevermore

Projectiles full of love's sweet glow
These arrows need a Mighty Bow
Creating new reality
Great river flows thru Calgary

The arrows launch like missiles fly
Around the world they'll fill the sky
London, Moscow, Houston, Seoul
From Mighty Bow they'll reach their goal

On city streets we'll look above
The mountains shall bring peace and love
Descending to all jaded land
From Mighty Bow and angel's hand

Yes, all is fair in love and war
A cherub stands on rivershore
Lil' Cupid has a plan they say
To change the world on Valentine's Day

Musings



Hello! Sunday, December 28 was our winter Neighbour Day and skate party event. It was nice to see a good number of people out, despite the very cold weather.

Many thanks to the organizing committee for their hard work.

Attending the event made me harken back to past winter carnival events held in our community. Does anyone remember those delicious kaiser burgers? Yummy! The Olympics were special, and even our mascots Hidy and Howdie dropped by for a visit. A couple of times we selected a carnival king and queen to reign over the festivities.

Friends, winter months do not need to be dark and dreary. Our skate hall can be a source of gatherings, friendships, and just plain fun with our ice looking so great, a cozy venue, and a wonderful neighbourhood. We look forward to getting our hall rebuilt and our Skateshack back for community events.

As we embark on this new year, let's all try to do our part in Rutland Park.

Keep well and remember take time to smell the roses.

Sent with warm regards,

Isabell

Make The Youth Hiring Fair Work for You

by The City of Calgary



Mark your calendars! The Youth Hiring Fair is on March 26, at the Big Four Building in Stampede Park from 1:30 to 6:00 pm. Now's the time to get prepared. Set yourself up for success and be ready to meet 80 employers who are hiring.

Interested in attending? Youth ages 15 to 24 are encouraged to visit the Youth Employment Centre before the event. Drop-in to meet with an employment counsellor for free Youth Hiring Fair preparation. We can help you with:

- Targeting your résumé to available jobs.
- Creating a pitch to introduce yourself.
- Preparing for on-the-spot interviews and more.

Find us at the Alberta Trade Centre (315 – 10 Ave SE). We're open on weekdays from 8:30 am to 5:00 pm. No appointment needed.

Visit calgary.ca/yechiring for ongoing announcements and advice on how to get prepared!

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Switch

by Cheryl Dunkley

One last chore - today that make four!

Yawn, oh what a bore

That kind of week,

Both my knees are sore...

It's snowing! I don't want to go out the door.

But you know, Life is good.

I'm grateful for my home, family and friends.

The very best neighbours live on either side

Everyone on this street takes great pride.

There's good stuff every day

Express my gratitude every time I pray

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Family Day

by Danielle Robbertze



From big to small, blood related or chosen, family forms an important aspect in all our lives.

That is why Family Day, celebrated on February 16 this year, is a delightful honour to those we hold so near and dear in our lives. Family Day in Alberta was first celebrated in 1990 and introduced by then Premier Don Getty. In fact, Alberta was the first province to declare Family Day as a statutory holiday. Over the years, other provinces followed Alberta's example. They include British Columbia, New Brunswick, Ontario, and Saskatchewan.

The aim of the day? To highlight the importance of family values. Moreover, Family Day gives us a much-needed break during one of the coldest months of the year. Before Family Day there was a large gap between statutory holidays (New Year's Day to Good Friday).

So, what exactly is family? Family can be defined in many different ways depending on the person you ask. From nuclear to single-parent families, adoptive to chosen families, blended to extended families, and even work families—we all find a way to be part of a familial bond. With such a diverse population in this province, a single Albertan's family could be separated by five kilometres to 15,000 kilometres.

And with Family Day falling so close to Valentine's Day each year, February truly is solidified as the month of love in Alberta. Remember this Family Day to call that long-distance relative, hug the ones close by, and celebrate all the family memories created over the years, and while you do all that you can create even more long-lasting memories.

Staying in Relationships Thinking the Other Person Will Change, Now What?

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now" or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

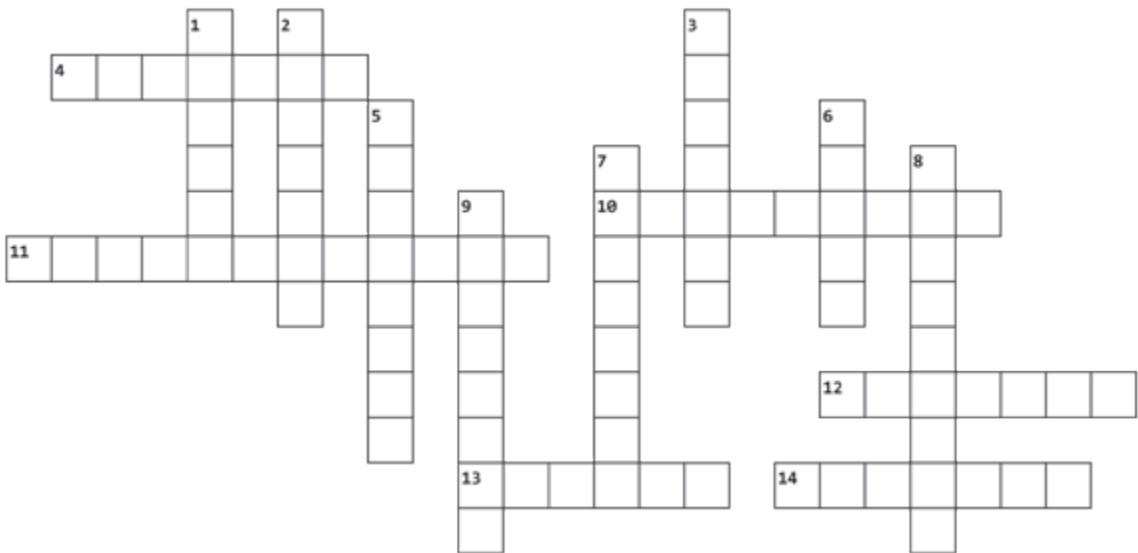
9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

February Crossword



Across

- Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
- On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
- Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
- Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
- The first volume of this English Dictionary was published on February 1, 1884.
- The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

- This North American country celebrates National Flag Day on February 15 annually.
- During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
- At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
- Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
- The 2026 Chinese Zodiac is this equine beauty.
- Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
- The XXI Winter Olympic Games were held in this Canadian city in 2010.
- On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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Valentine's
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February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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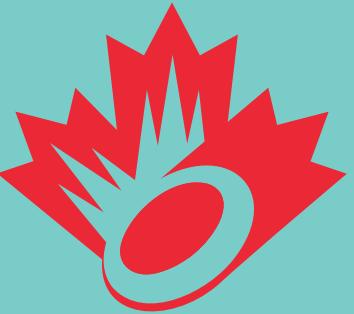


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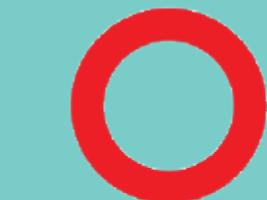


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